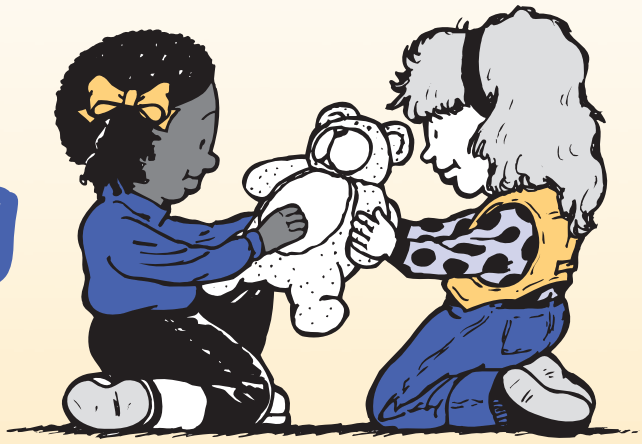
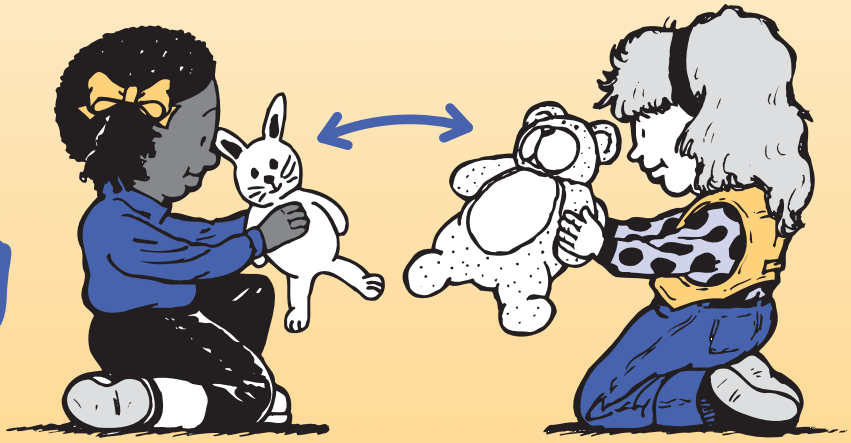
Fair Ways to Play

Sharing



Trading



Taking turns

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Ways to Calm Down

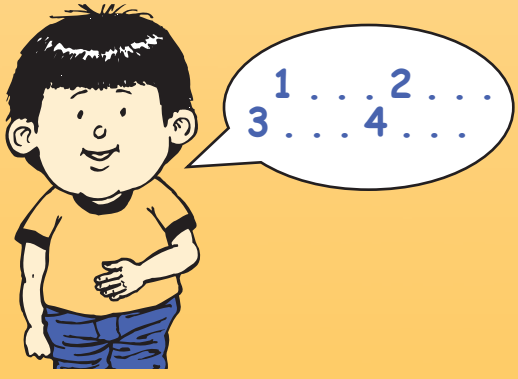
Check in.

Hand on tummy.

Say "Calm down."

Take deep breaths.

Count out loud.



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Problem-Solving Steps

1. How do I feel?

2. What is the problem?

3. What can I do?

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